

Mongolian Beef

Total Cook Time: 1 hour 20 minutes

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 2 TBSP (4 TBSP)* cornstarch
- Cooked rice or rice noodles
- Optional toppings and garnishes: sriracha, sautéed vegetables

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 2/3 cup (2/3 cup)* of hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 22 minutes.
3. When pressure cooking is complete, use a natural release.
4. Carefully break up any meat that is stuck together.
5. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)* water and 2 TBSP (4 TBSP)* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
6. To serve, place a serving of noodles or rice on a plate, top with meat and extra sauce. Add desired toppings.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the meat is tender. Continue with steps 4-6.

Leftover Suggestions:

- Teriyaki bowl

Notes:

- This sliced steak might not look very appealing when you first open the pot, but rest assured, it's exactly as it should be. Just wait—you'll be amazed by how tender it is and the incredible flavor it delivers.

Nutrition Facts

4 servings per container

Serving size
3/4 cup (194g)

Calories per serving **290**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 11g	14%	Total Carbohydrate 7g	3%
Saturated Fat 4.5g	23%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 7g	
Cholesterol 115mg	38%	Includes 7g Added Sugars	14%
Sodium 1040mg	45%	Protein 39g	

Vitamin D 0.1mcg 0% • Calcium 50mg 4% • Iron 2.8mg 15% • Potassium 590mg 15%
Vitamin A 0mcg 0% • Vitamin C 0mg 0%

INGREDIENTS: BEEF, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), BROWN SUGAR, SRIRACHA (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE (PRESERVATIVES), XANTHAN GUM), GARLIC, SPICE

CONTAINS: WHEAT, SOY

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

